

Nurturing Faithful Families



Sanbornton
Congregational Church
United Church of Christ

Families are busy and we thought having a few quick and easy ideas to help parents weave faith seamlessly into their daily lives would be helpful.

Prayer: Scientific research confirms that prayer offers people important psychological benefits in addition to the spiritual benefits. Below are five scientifically supported benefits of prayer:

- 1. Prayer improves self-control.*
- 2. Prayer makes you nicer.*
- 3. Prayer increases trust.*
- 4. Prayer makes you more forgiving.*
- 5. Prayer offsets the negative health effects of stress.*

One Blessing Idea

Loving God, Bless (child's name) as she/he sleeps tonight. May she/he rise to greet the day with your love and joy in their heart. Amen

The blessing can be the same for both parents each night so that in the years to come, in difficult times the children will remember and say it to themselves.



BEDTIME BLESSING

For young children you still put to bed:

- Place your hand on the child's arm or head then say the ritual blessing you have chosen or written yourself.

For children parents say good night to, but don't put to bed:

- Add to the regular way you say good night the ritual blessing—it may be at the bedside or in the doorway.

When child gets older—frame the blessing and put it over their bed!

Child's Bedtime Prayer Idea

Thank you, God, for this day complete, thank you God for the food we eat.

*Thank you for my mom and dad, And yes God, I even thank you for my brother/sister too.
(eliminate this line if only child or substitute other)*

God, please help me rest and go to sleep, and feel your love so deep.

Thank you, God, for the flowers that bloom and the birds that sing, Thank you, God, for everything! Amen

Feel free to share all the Nurturing Faithful Families newsletters with other families!!
Contact Rev. Paula Gile, Pastor of the Sanbornton Congregational Church United Church of Christ.